National Hospice Palliative Care Week 2017 - May 7-13, 2017

Community Care Northumberland was set to kick off National Hospice Palliative Care Week with our annual event called Move for What Matters. Unfortunately, the weather did not cooperate with us and our hike through Proctor Park was washed out. But, that doesn’t stop us from raising awareness and celebrating this special week with help from the Canadian Hospice Palliative Care Association.

The theme of this year’s Hospice Palliative Care week is “Hospice Palliative Care is about living well. Right to the end.”

We are often afraid to talk about end of life care issues because it’s about the unknown. But hospice palliative care is about living your life – and living it well – right to the end. You can’t know how or when that will be, but you can get informed about what may be available to you and share your wishes with your family and community. Creating an advance care plan can help you think about and focus on doing what’s important to you now and in the future.

For National Hospice Palliative Care Week 2017, the Canadian Hospice Palliative Care Association is calling on Canadians to conquer their fear and commit to 2 things:

- Learn about Hospice Palliative Care and Advance Care Planning – what they mean, and what you think you may want (or know you won’t want) when the time comes; and
- Make a “bucket list”: Your top 5 things to do before you die, and share it on social media using #Top5WhileImAlive

For more information about the Hospice Palliative Care Week 2017 visit www.chpca.net

Special Notice – For those supporters of our Hospice Services program who were planning to hike in CCN Move for What Matters event and have collected pledges, please drop off your pledge sheets at one of our local offices and receive your gift bag.

Community Care Northumberland

174 Oliver Road, PO Box 1087, Campbellford, ON
1-866-514-5774 or www.commcare.ca

If you wish to be removed from the distribution list at anytime, simply send a reply to this linked email.
CCN In the News: Seniors’ Month starts with The “Gloria Payne” Annual Seniors’ Picnic and Info/Health Fair

2017 marks the 33rd Annual Seniors’ Month in Ontario. This year the theme is “Living Your Best Life”. Community Care Northumberland is celebrating this theme by hosting the “Gloria Payne” Annual Seniors’ Picnic and Info/Health Fair at the Lion’s Centre in Port Hope on Thursday, June 1st, 2017.

The “Gloria Payne” Annual Seniors’ Picnic and Info/Health Fair in Port Hope runs from 11:00 am to 1:00 pm in a trade show format with area service providers presenting the attendees information about their programs and services.

Community Care Northumberland will also have a booth display and staff members on hand to answer questions about accessing its services (listed below) in Port Hope and throughout the County.

- Community Diners program
- Friendly Visiting and Telephone Security Checks programs
- Hospice Palliative Care program
- Home Help & Home Maintenance programs
- Wellness Programs for Seniors
- Supports for Caregivers
- Home at Last
- Transportation Services including Rural and Accessible options

At 12:00 noon, lunch is being provided at no charge for seniors.

Admission is free to seniors however space is limited, please reserve your space by calling the Community Care Northumberland program office in Port Hope (905)885 – 9860 or give your RSVP in person, office is located at 151 Rose Glen Road, Suite B, no later than Thursday, May 25th, 2017.

“This picnic is a wonderful opportunity for CCN to celebrate seniors and their contributions to the vibrancy of our community,” said Trish Baird – Executive Director of Community Care Northumberland. “Many serve as leaders, mentors, volunteers and active members and this event is aimed to appreciate those gifts.”

Event Summary:
Date: Thursday, June 1st, 2017
Location: Lion’s Centre
Address: 29 Thomas Street, Port Hope.
Time: 11:00 am – 1:00 pm

For more information about this event, call CCN’s Port Hope office (905)885-9860 or email through this link here.
Upcoming Workshop in Campbellford

Watercolour Painting

Please join artist and teacher Rachel Harbour as she walks you through the project. In the workshop you will be using basic watercolour techniques and simple designs. Please bring your artists brushes if you have any. Come and play!

Date: Thursday – May 11, 2017
Time: 9am-12noon
Fee: $10.00
Location: Forrest Dennis Senior Citizens Centre, Campbellford

To register: Please call our Campbellford office (705)653-1411 or email through this link here.

Volunteer Development Column

Celebrating Our Volunteers

Invitations are on their way to our 784 volunteers to attend the 2nd Annual Regional Volunteer Appreciation event being held on June 2nd with a 10:30 a.m. start followed by lunch.

The theme around this year’s event is celebrating volunteers for Canada’s 150th. There will be a motivational guest speaker, an opportunity to learn about new and exciting programs for CCN, a chance to meet other volunteers, and a thank you gift in addition to a light lunch.

The event is being held at the Alderville First Nation Community Centre, which fronts on County Road 45 in Alderville, just sound of the village of Roseneath.

Alderville is a First Nations community belonging to the cultural group Ojibway. Their native language is Algonquin. We will be welcomed to their land with a traditional smudge ceremony. The four sacred medicines used for this practice are tobacco, sage, cedar and sweetgrass. They are used to smudge the mind so you can think clearly, your ears so you can hear the good things in life of others and of yourself; your mouth so you can speak of good things and say kind words to one another; your heart so you can feel good about yourself and others; and lastly you smudge your whole self so you can be blessed for the day.

Submitted by Sherry Gibson, Regional Volunteer Development Coordinator
Note of Thanks

Thank you to all of the staff and the volunteers for the many cards, gifts and best wishes for retiring from CCN.
It has been a wonderful experience for me the past 9 years at CCN. I have met some amazing people, very caring and dedicated.

Sincerely,
Brenda Chapman

Recent Workshop: Some like it Hot (and Spicy) Cooking Workshop

In this workshop, Dorothy Fletcher showed participants how to use spices--hot and not--to liven up your cooking and chase away winter's chill. Participants learned about cuisines of hot weather countries, but they were also challenged to think about spicing up some of their everyday food.

Upcoming Workshop: Stamped Stone Tiles

Learn how to make this easy tile project with Jessica Hoskin. Handmade items make the perfect gifts. You will make your own set of beautiful stamped stone tiles which can be used as coasters, tiles or hanging artwork. All materials are supplied.

Date: Wednesday – May 17, 2017
Time: 6-8pm
Fee: $10.00
Location: CCN’s activity room, Brighton
To register: Call our Brighton office (613)475-4190 or email through this link here.
The ladies of Your #1 Sewing Centre’s quilters group challenged each other to an ugly material contest which resulted in beautiful placements for our Meals on Wheels clients in Trent Hills. Each member brought in a piece of material that they deemed to be ugly. The challenge: pick material and use this material in some way to design and create a quilted placement. As you can see—they did an amazing job. **All these beautiful placements will be given to local Meals on Wheels clients throughout the year.**

Pictured (L-R) Henderina Harkema, Allison Ciriewa,(seated) Cheryl Smith, Darlene Blancher, Pat Burke, Eliza Dinner, Mollie Clark, Midge Trauzzi, Sheila Wood, Carole Dunk, Cheslyn McDevitt, Judy Pearce, Brenda Allen, Pauline Francis (behind), Lin Cowbuen, Shirley Simpson—some of members of the quilters group and Natisha Taylor—Program Coordinator in Trent Hills.

Thank you, Pauline Francis of the Your #1 Sewing Centre for organizing this donation to Community Care Northumberland. Learn more about this store in Campbellford by visiting them at 62 Bridge Street East, Campbellford or visit their Facebook page linked [here](#).

**Northumberland Sunrise Rotary**

Thank you, Northumberland Sunrise Rotary for your continuing support of Community Care Northumberland. Their $1,000 donation helps us support programs throughout the County.

Pictured left: Bob Clark - Rotary President, Alicia Vandine—CCN’s Regional Community Relations Coordinator and Larry Langdon—Rotarian.

Learn more about this club by contacting with them on Facebook: [@NorthumberlandSunriseRotary](#).
16th Annual Golf Tournament
Monday May 29, 2017
Ash Brook Golf Club, Port Hope

Register your team to play. $135/person or $540/team

Money raised will support

Special Olympics Ontario

Rotary International projects, and local community projects and programs funded throughout the year.

11am Registration/Range
11:30am Lunch
1:00pm Shotgun Start
6:00pm Dinner/Auction/Prizes

To register or to become a sponsor:
Contact Linda Givelas 905-269-3030 or dligvelas@gmail.com or talk to any member of the Rotary Club of Northumberland Sunrise.